



THE LEADER

Vol. 38, No. 10

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

March 14, 2003



Movin' in

Warriors arrive at
new deployed
location in support
of War on Terrorism

-- See Pages 10 and 11
for more details

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside:

Weekend weather

Today	44/22	mostly cloudy
Saturday	47/28	mostly cloudy
Sunday	45/30	partly cloudy
Monday	38/30	cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

Base Y
celebrates
Mardi Gras

Page 2



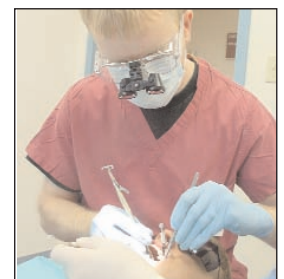
New AF
memorial
design
unveiled

Page 4



Dental
clinic
outlines
changes

Page 8



Base Y celebrates Mardi Gras, rock concert



Courtesy photos



(Top) Members of the 379th Air Expeditionary Wing tour performers of the rock group Jag Stars around Base Y before their concert performance March 3. (Bottom Right) J Lewis (guitar), Brad Williams (drums), Sarah Lewis (vocals), and Jay Daniel (bass guitar) perform for the 397th AEW at the base recreation center. (Top Right) A Mardi Gras parade held on March 4 to spread cheer, coins, and beads to spectators around the base.



Action Line
747-4522

*The Action Line is your avenue
for information about events and
activities on and around the base.
For questions about current
events or rumors, please leave a*

96.8%
Mission
effectiveness
rating

5
DWI-free
Days



Col. Keye Sabol
319th Air Refueling Wing
commander

Editorial staff

Col. Keye Sabol _____ Wing commander
Capt. Patricia Lang _____ Chief, public affairs
Staff Sgt. Scott Sturkol _____ Chief, internal information
1st Lt. Rob Lazaro _____ Managing editor

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♦**Contact information**
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♦**Advertisements**
Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

AF implements Stop Loss

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON – The Assistant Secretary of the Air Force (Manpower & Reserve Affairs) has authorized the use of Stop Loss in order to retain specific skills needed to meet national security objectives. Effective May 2, 2003 43 officer and 56 enlisted specialties are Stop Lossed.

“We do not take this action lightly,” said Secretary of the Air Force Dr. James G. Roche. “Stop Loss is designed to preserve critical skills essential to supporting the Global War on Terrorism, while ensuring we’re prepared to meet other contingencies.”

“We’ve implemented Stop Loss to ensure we have the necessary skilled personnel to conduct operations,” said Air Force Chief of Staff Gen. John P. Jumper. “We’ll use it only as long as necessary to accomplish our mission.”

Stop Loss is being implemented across the total force (active duty, Air Force Ready Reserve, and Air National Guard) for the above career fields and affects all airmen in the rank of colonel and below, according to Maj. Teresa L. Forest, chief of Air Force retirements and separation policy at the Pentagon.

Both the secretary and chief of staff are acutely aware that the Air Force is an all-volunteer force and that this action, while essential to meeting the service’s world-wide obligations, is inconsistent with the fundamental principles of voluntary service.

“We take Stop Loss seriously and are working hard to ensure the lives of our airmen, their families and their civilian employers are not disrupted any longer than is necessary to meet our national commitments,” Jumper said.

Therefore, a waiver process will be implemented for those people with unique circumstances. “We are doing our best to minimize this disruption,” Roche said. “And we will look at unique circumstances on a case-by-case basis and do all we can to offer appropriate relief.”

“We understand the individual sacrifices that our airmen and their families will be making,” Jumper said. “We appreciate their unwavering support and dedication to our nation.”

For details about Stop Loss, members should call the military personnel flight at 747-4902 or the Air Force Personnel Center’s Stop Loss Control Center (SLCC) at (210) 565-2374, DSN: 665-2374 or at www.afpc.randolph.af.mil.

Affected Air Force specialties

A. OFFICER (APPLIES TO PAFSC REGARDLESS OF PREFIX/SUFFIX EXCEPT WHERE INDICATED):	45BX	1N3X6*
	45SX	1N3X7*
	46FX	1N3X8*
	46MX	1N3X9*
	46NXX	1N4XX
	46SX	1N5XX
	48AX	1N6XX
	48GX	1S0XX
	48RX	1T1XX
	51JX	1T2XX
	71SX	2E2X1
		2F0X1
B. ENLISTED (APPLIES TO CAFSC REGARDLESS OF PREFIX/SUFFIX EXCEPT WHERE INDICATED):		2T3X2A
		2T3X2B
		3C0X1
		3C2X1
		3E000
		3E0X2
	1A0XX	3E4X1
	1A1XX	3E4X2
	1A2XX	3E5X1
	1A3XX	3E7X1
	1A4XX	3E8X1
	1A5XX	3E9X1
	1A7XX	3H0X1
	1A8XX	3N0XX
	13DXA	3P0XX
	1C0X1	4A1XX
	1C1XX	4A2XX
	1C2XX	4B0XX
	1C3XX	4E0XX
	1C4XX	4H0XX
	1C5XX	5J0X1
	1N0XX	7S0X1
	1N1XX	8D000
	1N200	9L000
	X1N2XX	
	1N3X4	
	1N3X5	

SECAF lays out case for tanker upgrade

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON – America's primary aerial refueling platform is so old it is becoming too cost-prohibitive to keep, the secretary of the Air Force told lawmakers recently.

"The KC-135 Stratotanker is one of our most serious concerns," Dr. James G. Roche told members of the House Armed Services Committee during his fiscal 2004 budget request testimony.

According to Roche, mission-capable rates for the KC-135 are down by 16 percent in the past decade. In addition, programmed depot maintenance costs have tripled, and depot workload packages and flow-days have more than doubled. The problem, he said, is primarily caused by corrosion in the fuselages.

The oldest KC-135s are approaching 50 years of age, while the newest Stratotankers were delivered to the Air Force in 1965.

"The marginal capabilities (of) the E-model tankers are becoming too expensive to justify," he said. "Its offload capacity is



Photo by Staff Sgt. Scott T. Sturkol

A B-2 Spirit stealth bomber is refueled by KC-135R Stratotanker during a past mission. Secretary of the Air Force Dr. James G. Roche recently told the House Armed Services Committee that the KC-135 is so old it is becoming too cost-prohibitive to keep.

only 84 percent of the R-model, and these aircraft spend almost twice as much time in depot."

In the past, fitting them with new engines extended the operational life of the KC-135. However, Roche said, that is no longer an option.

"It's not a matter of re-engining because engines aren't the problem. It's corrosion," he said. "What grabbed me was the condition of the aluminum and other materials on these planes. When you start peeling away these airplanes, you keep finding something that's worse."

Air Force Chief of Staff Gen. John P. Jumper, who also testified at the hearing, said maintainers at the depot have begun calling the KC-135 the "battery," referring to the similar look of the aircraft's corroded metal to that on a car battery.

According to Jumper, moisture naturally accumulates between the three layers of different metals in the aircraft's skin. That moisture, over time,

corrodes the middle layer, turning it to powder.

"It's to the point that something needs to be done," Jumper said.

The secretary said the Air Force's plan, which would have to be approved by Secretary of Defense Donald H. Rumsfeld, is to retire 68 of the older KC-135Es and replace them by leasing 100 Boeing 767s.

"Our idea is, we're willing to take a risk to retire the 68 (E-models) because they're just absorbing people, move (their crews and maintainers) to R-models because they're in much better shape, and then aim for a steady program to replace the tankers," Roche said.

While current economic conditions are such that Roche prefers to lease the aircraft rather than purchase them outright, the secretary admitted his plan is controversial.

"We think it's a good deal, but it is different," he said. "If (it turns out) we can't lease them, then we'll start buying in a few years. The secretary of defense agrees we need tankers – it's (a matter of deciding) what's the smartest way, on behalf of the taxpayers, to get them. We have a good debate going."

Overall design for Air Force memorial unveiled

By Senior Master Sgt. Rick Burnham
Air Force Print News

ARLINGTON, Va. (AFPN) – For the better part of the past century, the men and women of the Air Force and its predecessors have soared high above the clouds in defense of the nation and freedom-loving people everywhere.

Those ideals will soon be reflected in a memorial designed to reach high into the skyline of the nation's capital, honoring those who have slipped the surly bonds to overcome America's enemies, both at home and abroad.

The design for the new Air Force Memorial was unveiled during a ceremony here March 5. Among those in attendance were Air Force Chief of Staff Gen. John P. Jumper, along with former chiefs of staff Gen. Michael E. Ryan and Gen. David C. Jones. Chief Master Sgt. of the Air Force Gerald R. Murray and Ross Perot Jr., chairman of the Air Force Memorial Foundation Board of Trustees, were also present for the

unveiling. The memorial will provide a fitting tribute to the millions who have served, are serving today and those who will serve tomorrow, said retired Maj. Gen. Edward F. Grillo, president of the Air Force Memorial Foundation.

"The Air Force does not have a national memorial, so this is certainly long overdue," he said. "We feel this memorial will honor the millions of patriotic men and women who have served in the Air Force and its predecessor organizations — the aviation pioneers of yesterday. It will serve as a source of pride and tribute to those serving today. And certainly to recognize the nation's military industrial base that has made American airpower the most formidable air force on Earth.

"Most importantly, it will serve as a tribute to those who have paid the ultimate price."

Construction on the memorial, designed by New York architect James Ingo Freed, will begin in 2004 and be completed in September 2006, coinciding with the 59th anniversary of the Air Force, Grillo said. The



Courtesy art

The design for the new Air Force Memorial was unveiled during a ceremony in Arlington, Va., March 5.

design features three "spires" reaching heights of 270, 230 and just above 200 feet. The memorial will be located just southwest of the Pentagon on a "promontory" piece of land, Grillo added.

"The three spires will represent the Air Force in a manner that is projecting itself into the air and space — gracefully yet boldly," he said.

News

Civil engineers respond to water line break



Photos by Staff Sgt. Scott T. Sturkol

(Above) A 319th Civil Engineer Squadron backhoe digs a hole near the water tower on Steen Boulevard Tuesday in a repair effort for a broken water line. The water line broke Saturday night causing a large flood on Steen Blvd. (Below) A 319th CES sand-spreading truck moves along Steen following a similar water release Jan. 17. During both water line incidents, weather temperatures were in the extreme sub-zero range and 319th CES officials were on the scene within minutes to curb flooding and save water resources.



April 24 set for kindergarten registration at Carl Ben Eielson Elementary School

Kindergarten registration for the 2003-2004 school year will be held April 24 at Carl Ben Eielson Elementary School. Children are eligible to attend kindergarten next fall if they will be 5 years old by Aug. 31, 2003. All kindergarten age children living on Grand Forks Air Force Base will attend Eielson School.

Parents and children are asked to come to Eielson School on April 24. Families whose last name begins with A through L should come at 10 a.m. Families whose last name begins with M through Z should come at 2 p.m. The sessions should last approximately 45 minutes. Parents should bring their kindergarten students with them however other siblings should remain at home.

At both sessions parents and children will be introduced to the principal and the two kindergarten teachers. Newly enrolling stu-

dents will go into the kindergarten classrooms to get a feel for what can be expected when they start school. The classroom your child visits may not be the same one he or she will be assigned to next year. While the children are in the classrooms, the principal will make a presentation to parents and then parents will be given time to fill out registration forms.

Parents must bring their child's birth certificate or passport, Social Security card, and immunization records so that dates and numbers can be verified and recorded on the child's permanent school record. Children entering kindergarten must have already gotten their second MMR and all three Hepatitis B vaccines to enroll.

For more details on kindergarten registration call Corki Hegland or Desi Jevning at Eielson at 787-5000.

Base theater

Today, 7 p.m.

Biker Boys (PG-13)

In the world of underground motorcycle clubs, the undefeated Smoke (Laurence Fishburne) is known as the “King of Cali.” But Smoke’s reign is challenged by a young, talented racer called Kid (Derek Luke), who sets out to win Smoke's helmet and title.

Saturday, 7 p.m.

Final Destination 2 (R)

In this sequel to the 2000 sleeper hit, a young woman (A.J. Cook) foresees a horrific highway pileup en route to a getaway with her friends. After narrowly escaping death, she and the other motorists delayed by her vision realize death is out to get them and enlist the help of Clear Rivers (Ali Larter), the lone survivor of Flight 180.

March 21, 7 p.m.

Shanghai Knights (PG-13)

March 21, 9:15 p.m.

About Schmidt (R)

March 22, 7 p.m.

The Recruit (PG-13)

March 28, 7 p.m.

How to Lose a Guy in 10 Days (PG-13)

March 29, 7 p.m.

Dark Blue (R)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Daily Mass: Tuesday - Friday 11:30 a.m.

Sunflower Chapel

Stations of the Cross: 7 p.m. Wednesday,

Sunflower Chapel

CCD: 10:45 a.m. Sunday, Twining Elementary School, RCIA plus Confirmation

Reconciliation: 4 p.m. Saturday, 8:30 a.m.

Sunday, or by appointment, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie Rose Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel

Young Adults: 6 p.m. Friday, Chaplain Swain’s home 747-4359

Youth: 4 p.m. Sunday, meet at youth center

Religious Education: 9 a.m. Sunday, Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie Rose conference room

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Air Force works to smooth out AEF rough spots

By Cynthia Bauer

Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AMCNS) – The Air Force continues its quest to smooth out the rough spots in the Air and Space Expeditionary Force process as the Defense Department positions forces for a possible conflict with Iraq.

Air Mobility Command Vice Commander Lt. Gen. John R. Baker, who serves as a member of the Air Force Vice Chief of Staff's AEF Forum, said the surge in deployments has interrupted the normal AEF battle rhythm of three-month rotations.

There is now the equivalent of three or more AEFs supporting ongoing operations, as well as possible future contingencies, from more than 30 expeditionary operating bases. Those deployed include active duty and mobilized reserve component airmen.

In an update on the work of the AEF Forum, Baker said right now, AEF pairs 7 and 8 slated for redeployment at the end of February are frozen in place, and pairs 9 and 10 have deployed early.

Air Force officials have said those deployed should anticipate remaining in place until further notice.

“We’re also tapping into additional AEFs to fill some of the shortages we face. The Air Force is also mobilizing Guard and Reserve forces. This avoids deploying those who have not spent sufficient time back home for reconstitution,” said Baker. AEFs 1 and 2 were scheduled to deploy in June, and AEFs 3 and 4 in September. AEFs 5 and 6 returned from deployment at the end of November.

“We have always advertised that the three-month battle rhythm would need to be suspended to support this level of effort,” he said. “The warfighters want the team they already have in place, the team that has established relationships.

“War is 24-7 and requires people,” Baker said. “The commanders are not in a position to train an entirely new group. They need to expand their capabilities in Southwest Asia.”

Baker said he feels the command's airmen and their families understand the need for extended deployments, and he's ensuring that AMC commanders and their staffs take care of families on the home front.

“We’ve put together a video-teleconference for commanders and family support center folks to sit down and review considerations and help families prepare for war. Every family should be confident that there is help available for anything they need from childcare to bill-paying. The commanders are responsible for making this happen. It's part of taking care of our people,” he said.

Baker said the forum continues to address other issues, including filling the AEF libraries, or pool of deployable airmen, with individuals who are properly coded for deployment and as well as improving the system.

He said the forum has spurred the increase in the number of individuals identified for deployment.

“A couple of years ago, we had about 80,000 airmen coded as deployable,” said Baker. “We now have more than 260,000. This is important because it helps us avoid tapping the same people over again for deployment.”

In addition to filling the library, the AEF Forum has also concentrated on identifying and relieving stressed career fields.

“We now have a new way of measuring how stressed our various career fields are in meeting our deployment commitments. We developed a new formula that's easier to understand,” said Baker.

He said the new measurement provides assessments consistent with those in the past, but now provides information on the extent to which a career field is stressed.

The new formula looks at home-station demand, deployment requirements and the total number of active duty assigned to a particular Air Force Specialty Code. Home-station demand is the people and specialties needed to keep a base open.

“That gives us a better picture than the old formula of deployment requirements versus numbers assigned,” said Baker.

The relative level of stress is important in determining what can be done to relieve that stress.

“We are looking at various solutions from higher accession rates of airmen into stressed career fields, cross-training and contracting out, as well as actually adjusting our force content, among others,” he said. “But as I’ve said before, the fix won’t happen overnight, but it will happen.”

Dental clinic prepares for future, limits services

By Senior Airman Monte Volk
Public affairs

Recent deployments and upcoming PCS' are causing the dental clinic to limit its services.

Already underway, the limited services will last until September. Services being put on hold are elective things like bleaching trays; replacing teeth that have been missing for a while; wisdom teeth that don't need to be extracted at this time; and dentistry that is for looks only.

"We don't want to be making sure someone's teeth are movie-star white at the expense of someone who needs

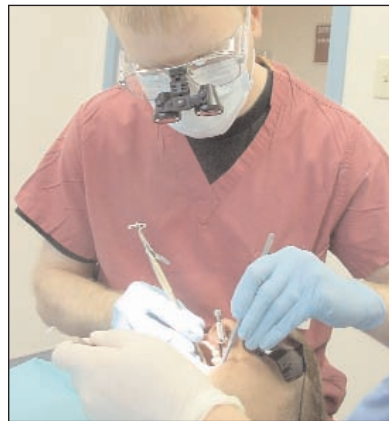


Photo by Senior Airman Joshua Moshier
Capt. (Dr.) Glen Olson, 319th Aeromedical-Dental Squadron dentist, works on a patient at the clinic.

treatment to eliminate dental decay," said Lt. Col. Lynn Harris 319th Dental Clinic commander. "The first one is nice, but the second is essential."

Some crowns will be delayed as well. "If we can place a large filling that will do the same treatment, we will," said Harris.

"A crown can take two to three long appointments verses one appointment with the filling," Harris said. "The filling will act as a nice foundation for a crown at a later date."

The dental clinic stills provides all the necessary procedures to keep

base warriors deployment eligible and from not having a dental emergency within a year, such as exams, treating dental pain and treating dental decay.

"Those that are deploying now and will be due for their dental exam, while deployed, we are fighting hard to get them in before they leave," said Harris. "We want to make sure that those who are deploying are dentally ready to go; and to give them the greatest chance of not having dental problems while they are gone."

To make things run smoother and to help the dental clinic, Harris urges patients to be on time and keep their appointments.

"We can't generate time, so if we 'waste' an appointment because you are suppose to be here and you're not, we can't make that up," said Harris. "Be on time! If you are late, chances are everyone after you will be seen late as a consequence."

Briefs

Air Force announces E-8 promotees Wednesday

Air Force officials plan to announce the service's newest senior master sergeants Wednesday. The list of those promoted at each installation is releasable the first duty hour on the release date. The entire list will be posted on the Air Force Personnel Center's Web site at <http://www.afpc.randolph.af.mil/eprom/> by March 21. Those selected will be promoted to senior master sergeant between April and March 2004 in monthly increments.

Angel Awards

Take a moment to applaud our volunteers by nominating some one you know for a Sandy Turner Angel Award. Nominate someone who gives freely of their time for the benefit of others. Deadline for submissions is April 1. For details call Tamara Boots at 594-9203 or e-mail maraboos@earth-link.net.

New tax center hours

Effective immediately, the base tax center's hours of operation are as follows: Mondays, 8:30 a.m. to 4:30 p.m.; Tuesdays through Thursdays, 8:30 a.m. to 3:30 p.m.; and Fridays, 8:30 a.m. to 12:30 p.m. For details call Valerie Sand at 747-3435.

OSC dance workshop

The officers spouses club is holding

a dance workshop fundraiser March 29 with Maj. Floyd and Kimberly Sherrod in the Prairie Rose chapel annex. Classes are for couples dancing, however you need not have a partner to take the class.

Preregister by March 26. Call 594-3972 or 594-9473 for details.

English composition with essay test

The English composition with essay test with the College Level Examination Program will be administered April 16 in the education center. The last day to sign up to take the test is Monday.

People can stop by the education center front desk or call them at 747-3316 or 747-3317 to schedule a test appointment.

OPSEC tip

OPSEC involves protecting critical information (which is usually unclassified). Even though information may not be secret, it's what is called "critical information."

Critical information must be protected to ensure an adversary doesn't gain a significant advantage. It deals with specific facts about our intentions, capabilities, operations or activities.

Go to the base Internet site (w3), under the spouses link to obtain the OPSEC Family Guide: http://www.grandforks.af.mil/Spouse-uses_Link.asp.

Support from States plays big role in morale

By Master Sgt.
Darrell Lewis

9th Air Expeditionary Task Force
public affairs

SOUTHWEST ASIA (AFPN) -

Support from people in the United States helps make serving in a hostile environment a bit easier for military troops deployed to the U.S. Central Command area of responsibility.

Letters from school children, free phone cards, care packages from family and office mates and banners signed by hundreds at community events are among the expressions of gratitude seen throughout the region by men and women in uniform.

At one forward-deployed location, the American Red Cross office is a stop off-duty airmen often make on their way from the dining facility or nearby recreation center. On the shelves for the taking are donated personal-care items as well as a variety of snacks.

"You've got some hot-ticket items that fly right out of here," said Leslie Smith, Red Cross station director. She listed lip balm, shaving cream, popcorn and candy as popular grabs. The station also has movies for people to sign out, puzzles galore and almost always a hot pot of coffee and cookies.

The Red Cross is like a bargain outlet

for donated items and letters of support from school children and others who want those serving their nation to know that they are in the thoughts and prayers of many Americans.

"I love the Red Cross," said Staff Sgt. Margarita Toledo from the 12th Expeditionary Intelligence Squadron. "They do so much for us."

Toledo became a pen pal with a class of students in a school near her hometown in Illinois after she found a bunch of letters at the Red Cross office.

Staff Sgt. Greg Butcher from the 363rd Expeditionary Civil Engineer Squadron, who is deployed from Eglin Air Force Base, Fla., said he visits the Red Cross on his way to chapel services.

"I'm getting candy four times a week," he said.

More support is visible on a wall near the entrance to the station. On a twelve-foot sign, bold red letters read, "Thank you for protecting our country." Hand-signed notes surround the larger message with a variety of sentiments including: "You have made America proud. Ya'll rock. Stay safe. God bless and bring you home."

Some support is less tangible but just as important. As of early March, more than 6 million people had electronically signed an online thank you note found at www.defendamerica.mil.

Community

Today

SKI TRIP: Join outdoor recreation every Saturday from now until the end of March on a ski trip! The next trips will be to: Buena Vista, March 15; and Holiday Mountain, March 22. Sign up at least one-day prior. Call 747-3688 to sign up, and/or for complete details.

TEENSUPREME MEETING: This meeting takes place every Friday for ages 14 to 18 from 9 to 10 p.m. at Liberty Square teen center. For details call the youth center at 747-3150.

FRIDAYS AT LIBERTY SQUARE: Open skating at Liberty Square is tonight for ages 6 to 18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental!

The Teen Center at Liberty Square will be open tonight for ages 13 to 18 from 6 to 11 p.m.

Saturday

GIVE PARENTS A BREAK PROGRAM: Upcoming “Give Parents a Break” dates are Saturday and April 12. Give Parents a Break provides eligible parents a few hours break from the stress of parenting.

The Air Force Aid Society provides funding, making it possible for the Child Development Center to open and provide care for this special program.

In order to take advantage of this program, families must be referred by one of the following base officials: squadron commander or first sergeant, chaplain, doctor or medical professional, family advocacy personnel, family support center personnel or child development center personnel.

Referred parents must make reservations the Wednesday prior. For details additional information contact the child development center at 747-3042.

PRE-ST. PATRICK’S DAY CELEBRATION: The Northern Lights Club is having a pre-St. Patrick’s Day Celebration Saturday starting at 6 p.m. There will be Irish stew and other green-colored beverages! Call the Club at 747-3392 for details.

CRAZY ABOUT QUILTS: Join the skills development center Saturday from 10 a.m. to 2 p.m. for their “crazy quilt” workshop in honor of National Quilt Day! Cost is \$7.50 plus supplies. Also is their “crazy quilt sewing accessories” workshop from 1 to 4 p.m. Cost is \$7.50 plus supplies. Pre-payment and pre-registration is required for all classes. Call 747-3482 to sign up.

Sunday

SUPER SUNDAY BRUNCH: Today is Super Sunday Brunch at the Northern Lights Club from 10:30 a.m. to 1:30 p.m.! Come and enjoy two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more! Super Sunday Brunch is offered every first and third Sunday of the month. Brunches will be held on April 6 and April 20 (Easter) from 10 a.m. to 2 p.m.

Monday

YOGA: Yoga classes start today and will be offered Mondays, Wednesdays and Fridays from 4:30 to 5:30 p.m. at the sports and fitness center. Classes will be in the aerobics room and the instructor is Kathleen Kyper. Call 747-3384 for details.

TORCH CLUB MEETING: The youth center holds a meeting every Monday for ages 11 to 13 from 6 to 7 p.m. For details the youth center at 747-3150.

Tuesday

TRANSITION ASSISTANCE SEMINAR: This three-day seminar, held Tuesday through Thursday in the family support center, is provided by the FSC, Job Service of North Dakota and the Department of Veterans' Affairs. Topics addressed include self-assessment, resume writing, interviewing, federal employment, veterans' benefits, TRICARE and more. This seminar is strongly recommended 18 to 24 months prior to the projected retirement or separation. Call 747-6436 to sign up.

Wednesday

FAMILY READINESS/PERSONAL PREPAREDNESS SEMINAR: This seminar, held from 2 to 3:30 p.m. in the family support center, is for service members and their families preparing for a temporary duty or remote assignment. Meets the pre-deployment briefing requirement. Call 747-3241 to sign up.

Thursday

\$1 LUNCH DAY: Today is Dollar Lunch Day at the Northern Lights Club from 11 a.m. to 1 p.m. Today’s menu is meatloaf.

VIDEO SERIES: Family child care is offering a video series for the “new parents” support group, childcare programs or the general public on base Thursdays from 10 a.m. to noon. For details call Kelly Painter at the family child care office at 747-4506.

YOUTH SEWING CLASS: The skills development center is offering a kid’s class today from 10 a.m. to 1 p.m. The project is sewing a CD Case; cost is \$6 plus supplies or kit is available from instructor for \$5. There are also two other Kid’s Classes March 21 and 22.

Upcoming

ENLISTED SPOUSES CLUB GENERAL MEETING: This meeting takes place March 25 at 6:30 p.m. on the second floor of Liberty Squadron. The theme is “Garden Party” and people attending are asked to bring finger foods to share.

New members always welcome! Bring your friends and neighbors! Children welcome. For details call Mary Bucher at 747-3315 or 594-8770, Bobbi Sturkol at 594-3855, or Jill Holwerda at 594-6572.

Warriors get to work at new deployed location



Photo by Master Sgt. Mark Bucher

A KC-135 Stratotanker from the 911th Air Refueling Squadron taxis at a forward operating base located in the Operation Enduring Freedom area of operations. The location, a new one for deployed Warriors of the North, is a continuing effort supporting Operation Enduring Freedom.



Photo by Master Sgt. Mark Bucher



Photo by Master Sgt. Mark Bucher

(Above) KC-135 Stratotankers assigned to the 401st Air Expeditionary Wing sit ready on the flightline of a forward operations base. (Left) Col. Cathy Clothier, 401st Air Expeditionary Wing Vice commander, and Col. Michael Crane, 100th Expeditionary Operations Group commander, confer on the flightline at a forward operating base located in an area of operations supporting Operation Enduring Freedom.



Photo by Master Sgt. Mark Bucher

Master Sgt. Mark Steele, 401st Services Flight superintendent at the new deployed location, reviews personnel billeting assignments prior to assigning newly-arrived Warriors of the North with their quarters. Steele is deployed to the 401st Air Expeditionary Wing from the 442nd Services Squadron at Whiteman Air Force Base, Mo.

Commentary: ‘Our folks are ready at Base Y’

Lt. Col. Jim Vechery
340th Expeditionary Air Refueling Squadron commander



Lt. Col. Jim Vechery

I am writing to you from Base Y where I am serving as the commander of the 340th Expeditionary Air Refueling Squadron.

For more than 16 months now the Warriors of the North have tenaciously fought the War on Terrorism around the globe.

Not a day has passed since Operation Enduring Freedom began when we haven’t had a tanker airborne on a combat mission fueling the fight to free the world of terrorism.

Now, we are poised and ready to take the fight to a new front. Our commander-in-chief promised us this war would be a marathon and we needed to be ready. In a speech on Oct. 7, he remarked, “We will not waver; we will not tire; we will not falter; and we will not fail. Peace and freedom will prevail!”

My message to you is that our folks are ready for this new battlefield. We have the best training, resources, and determination of any fighting force in history.

Make no doubt about it; if the President calls us into action, we will prevail just as we have in the recent past. We remember September 11th and we understand what we are fighting for — freedom, peace, justice, democracy, and a world where good prevails and evil is defeated!

I read an article the other day in the *Grand Forks Herald* titled, “For families left behind.” It described the all-out effort from the local Grand Forks community to reach out and support our families left behind.

As we are separated from our loved ones, it is a real encouragement for all of us to know our families are being cared for while we take the fight to the enemy.

Grand Forks is a very special

place and we don’t take that for granted for a single minute.

Life here in the desert is not as bad as you might think. The food is great, we have a brand new cardio-vascular room with 40 pieces of equipment, the new media center just opened, and we have

comfortable beds in our sleeping tents.

Despite all these comforts of home, there is definitely a sense something is different — this is not business as usual. We are an expeditionary unit accomplishing a very specific mission. We participate in exercises regularly to practice procedures in the event of an attack; we train constantly for future operations, all the while flying combat missions every day over Afghanistan.

We live in a very dynamic, challenging environment where we are focused on the mission at hand and not easily distracted.

Morale here is very high. Yes we miss our families and loved ones, but this is what our country has called us to do. We put on the uniform every day because we believe in the values and principles that make the United States of America a land of promise.

We don’t relish the thought of war, but if called upon, we stand ready to fight and to give the ultimate sacrifice if required. Together we are an unstoppable team — we are Americans!

I am very honored to lead this amazing group of warfighters at this location. However, members of the Grand Forks Team are spread throughout the world to defend our freedom and way of life.

Your thoughts and prayers mean the world to us.

Thank you to all of you for your selfless service in taking time to remember us.

God bless!

At Operation Northern Watch ...



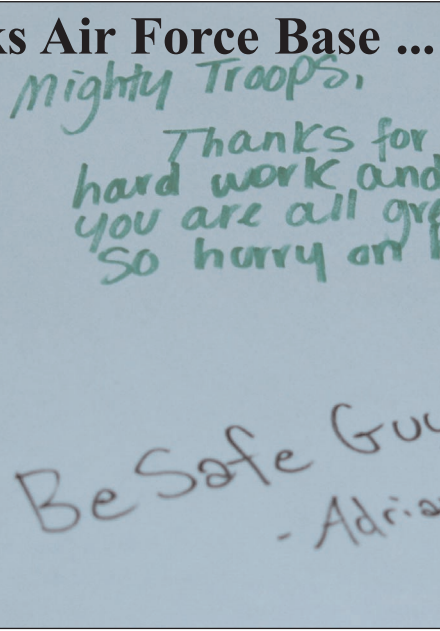
Courtesy photo

A fully-armed F-16 Fighting Falcon taxis down the runway while a KC-135R Stratotanker flies overhead at Incirlik Air Base, Turkey. Many Warriors of the North deployed to Turkey to support Operation Northern Watch.



Photos by Staff Sgt. Scott T. Sturkol

(Above) Pfc. Jon Beckstrand from the North Dakota Army National Guard stands watch at the base’s south gate. Beckstrand and about 50 other Guardsmen deployed here a few weeks ago to support security requirements. (Right) Encouraging words for deployed members are on a 20-foot letter currently being put together at the base library.



From North Dakota Governor John Hoeven

What is your stance on supporting the military, particularly right here in North Dakota?

“We need to support them 110 percent. I am so pleased with the way North Dakotans have turned out around the state for these community send-offs. I’ve gotten to as many as I can and I’m going to continue to do that.

“Our Guardsmen, the men and women in the Reserve, active Air Force at both at Grand Forks Air Force Base and Minot Air Force Base -- they are a big part of our homeland security and the War on Terrorism. They are doing a tremendous job.

“Not only do we have to stand behind our military -- North Dakotans are. They are coming out, they are going to these send-offs and they are doing a great job. We are very appreciative that all have answered the call of duty.”



(Aired on the Arvidson Angle, 1310 KNOX talk radio, March 10, 2003)

Study prompts FDA actions on ephedra products

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON (AFPN) – Acting on the release of a government-funded study, the Department of Health and Human Services announced a series of actions designed to protect Americans from potentially serious risks of dietary supplement products containing ephedra.

The results of a Rand Corporation study commissioned by the National Institutes of Health provides additional evidence that ephedra may be associated with important health risks, according to a Food and Drug Administration statement. The Rand report also finds “only limited evidence of health benefits resulting from ephedra use,” according to the statement.

Air Force Surgeon General officials have repeatedly “strongly advised” people to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

As a result of the study, the FDA proposed warning labels for all ephedra-containing dietary supplements. The proposed label warns about the risks of serious adverse events, including heart attack, seizure, stroke and death; cautions that the risk can increase with the dose, with strenuous exercise and with other stimulants such as caffeine; specifies certain groups (such as women who are pregnant or breast feeding) who should never use these products; and lists other conditions, such as diseases and the use of certain medications, that rule out the use of ephedrine

alkaloids.

“We want to caution all Americans – particularly athletes and those who engage in strenuous activities – about using dietary supplements that contain ephedra,” said Sec-retary of Health and Human Services Tommy G. Thompson. “There continue to be serious questions about the risks surrounding this particular dietary supplement.”

Results of the study include:
Weight loss: Short-term use of ephedra or ephedrine is linked with about a 2-pound per month increased weight loss, but the studies lasted only a few months, so there is no evidence of long-term benefit.

Athletic performance: No studies exist on the efficacy of herbal ephedra-containing dietary supplements on athletic performance. The few studies of the active ingredient, the chemical

ephedrine, used small samples of mostly fit individuals, finding a modest effect on short-term performance when caffeine is included. Without caffeine, ephedra has little or no effect on athletic performance.

Adverse consequences: Use of ephedra or ephedrine with or without caffeine is associated with two to three times the risk of nausea, vomiting, psychiatric symptoms, autonomic hyperactivity and palpitations.

In one database of 16,000 health complaints by ephedra users, ephedra was linked to two deaths, four heart attacks, nine strokes, one seizure and five psychiatric cases for which other causes were all ruled out.

“This is not the end of the story,” said Thompson after the study was made public. The FDA is “building the case for further regulatory action under the law.”

Sport shorts

NINE-PIN-NO-TAP: The Dakota Lanes Bowling Center is having a “9-pin-no-tap” tournament Sat., March 15 starting at 8 p.m. Cost is \$12 per person and they will be giving away cash prizes! Call 747-3050 for more information.

APPLICATION DEADLINE: Wednesday is the deadline for moose, elk and bighorn sheep applications. For more information contact Outdoor Recreation 747-3688.

YOUTH GALAXY BOWLING: Saturdays at Dakota Lanes for ages 9 - 12 from 6 to 8 p.m. and ages 13 - 15 from 8 to 10 p.m. Cost is \$2.50/hour and .75 for shoe rental. Need 10 to hold; must sign up at the Youth Center to attend.

TOURNAMENT TUESDAYS: Come by the youth center to participate in tournament Tuesdays! This activity is for ages 9 to 12 at 5:30 p.m. and 13 to 18 at 7 p.m. every Tuesday! The tournament for today is pool.



Photo by Staff Sgt. Scott T. Sturkol

Lost pet?

Well not really, but this jackrabbit is ducking out of some sub-zero cold experienced on base earlier this month. More spring-like weather, including temperatures up to 50-plus degrees, are expected to hit the area this weekend.

Community briefs

PRESCHOOL SPECIAL NEEDS PEER PROGRAM:

The Grand Forks Public Schools preschool special needs program includes typically developing peers in the program. Children are screened in May for inclusion in the program beginning in October of the following school year. To be a part of the peer component of the program, children must meet the following criteria:

► Must be 4 years of age by Aug. 31.

► Names for prospective peers will be accepted until April 15. The child's name will be recorded on a screen referral and given to the selective screen organizer.

► All prospective peers will be required to go through a screening process to assure that his/her skills are age appropriate. The screen will be held in May. Parents will receive notification as to the exact time and location of the screen.

► After peers have passed the screening, names will be drawn for participation according to the gender mix and number of peers needed for the preschool special needs class-

rooms.

► No child will be a peer for more than one school year.

► Peers will begin attending the preschool special needs class the first Monday of October.

If your child fits the criteria and you are interested in having him/her considered for one of these peer slots, please register for the screen by calling the Grand Forks Special Education Office at 746-2205, ext. 108.

PRESCHOOL SELECTIVE SCREEN:

The preschool selective screen is a referral program for children ages 3 to 5 whose parents suspect a delay in their general development. If you have a concern about your child's development call 746-2205, ext 108 for referral to the selective screen. The next scheduled dates are April 16 and May 7 at Century Elementary School.

KINDERGARTEN EARLY ENTRANCE TESTING:

Normally, a child entering kindergarten must be at least five years old by Aug. 31, 2003, in order to enroll in school. However, there is option for

early entrance if the child turns five between Sept. 1 and Dec. 31. In order to be considered for “early entrance” the child must be evaluated for school readiness by a team of professionals who are qualified to make such an evaluation.

Application forms can be obtained from any elementary school office.

Parents who proceed with testing will return the application form with the fee of \$50 to their neighborhood school principal.

Early entrance screening will be held May 7. You will be notified of the prescreening time and location after you have submitted the application form and visited with your neighborhood school principal. Those that meet the criteria of the prescreening will be given the full battery of assessments before the end of May.

SNOW REMOVAL:

For snow removal service from the “base side” streets and parking lots, please call Schmitz Inc. at 594-8985 or the snow removal quality assurance evaluator Tech. Sgt. Ken Bowlin at 747-5821.